



**NORTHOLT
HIGH SCHOOL**

Committed to excellence

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Dear Parent/Carer

Here at Northolt High School we are delighted to be launching a nationwide initiative called the Daily Mile on 28th September. This is an initiative aimed at getting students out into the open, exercising for 15 minutes a day and covering a one mile distance by walking, jogging or running. This scheme has been a great success at thousands of primary schools across the country; the same principles of physical and mental wellbeing apply identically to our students in secondary school.

The benefits of exercise are well known and the current situation also means that have a reduced amount of social time in school. Introducing the Daily Mile gives us a great opportunity to provide students with a healthy break, getting them out in the open to stretch their legs and elevate their heart rates. All students should be able to participate as they can walk, jog or run. If you have any concerns that your child has a medical condition which means they cannot participate in this, please communicate these to form tutors through students' planners.

We have created a series of tracks in the schools playgrounds which will serve as the location for the daily mile and on most days students will go out of lessons to do their mile (along with their teachers). Trainers or PE clothes are not required.

As we are currently reducing movement of students across year group bubbles, we will be organising the Daily Mile to ensure that only the same year group are doing it at the same time.

If you want to know more about the Daily Mile please go to the following website for more details.

<https://thedailymile.co.uk/>

Yours sincerely

Mr A Price
Assistant Headteacher